

## Food Bytes

### Healthy Active Children


Did you know that we have a Healthy Active Children Policy? The N.C. State Board of Education recently updated the policy to reduce child hunger and obesity:

- Local education agencies (LEAs) should establish a School Health Advisory Council (SHAC). Students, families, and school, community and health representatives should be on the SHAC. SHACs are responsible for the Healthy Active Children Policy, Local Wellness Policy (LWP) and school health.
- LEAs should have a LWP that includes goals for physical activity, nutrition education and promotion, and other activities to promote student wellness.
- K-8 schools should offer 30 minutes of physical activity every day. Elementary schools should move toward 150 minutes/week of PE and middle schools 225 minutes/week of health education.
- Recess and physical activity should not be taken away to punish students.
- LEAs should have guidelines for all foods and beverages on campus, offer healthy choices for students, limit marketing to only healthy foods/beverages, offer nutrition education and choose other ways to reward students besides food.
- LEAs should evaluate their progress with school wellness and share the results.

**Nutrilink:** [www.ncpublicschools.org](http://www.ncpublicschools.org)

## Menus for January 2016

[Insert name of Local Education Agency] Schools

				Friday, January 1
				
Monday, January 4	Tuesday, January 5	Wednesday, January 6	Thursday, January 7	Friday, January 8
Monday, January 11	Tuesday, January 12	Wednesday, January 13	Thursday, January 14	Friday, January 15
Monday, January 18	Tuesday, January 19	Wednesday, January 20	Thursday, January 21	Friday, January 22
Monday, January 25	Tuesday, January 26	Wednesday, January 27	Thursday, January 28	Friday, January 29

## January

- Family Fit Lifestyle Month
- Salt Awareness Week (January 25-29)



Developed by School Nutrition Services, N.C. Department of Public Instruction.  
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<http://childnutrition.ncpublicschools.gov>

Sources: [www.ncpublicschools.org](http://www.ncpublicschools.org), [www.fns.usda.gov](http://www.fns.usda.gov)